

PARENT PAGES

A publication of the Howard County
Office of Children and Families
Family Institute



Roar into March with this issue filled with information about the topics parents are interested in.

When you know more, you can do better!

Visit: www.howardcountymd.gov/familyinstitute to see the parent workshops on the Spring calendar!

Tell us what you think of the Parent Pages!

"Just a short note to thank you for all the work you put into your Parent Pages. I found lots of really useful ideas/items this month. I am using a video from the good preschool article for my staff meeting next Monday. I want to include the survival flash drive info in our next center newsletter. I hung up the flyer for Behavior Basics for our parents. You are the BEST!" --Jessica K

[Share your suggestions and feedback here...](#)



kindergarten
registration

Do you have a child who will be 5 by September 1, 2019?

Kindergarten registration begins the week of March 11 for this fall. Parents or guardians are to register students at the school that is currently serving the address where they live. If you need to learn what school your child will be attending, visit [School Locator](#). For more details about what you will need to bring for registration, visit the [HCPSS website](#).

The Centers for Disease Control and Prevention (CDC) released the **2018 Suicide Fact Sheet** defining what is suicide, how big of a problem it is, what are the consequences and how can it be prevented. If you need help, call the National Suicide Hotline at 800-273-8255 or text CONNECT to 741741.

**Suicide Fact
Sheet**

Question Persuade Refer (QPR)

Suicide Prevention training

Just as people are trained in CPR and the Heimlich Maneuver to help save thousands of lives each year, people are trained in QPR to save a life from a death by suicide. QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help. For more information about this evidence based practice go to <https://qprinstitute.com/about-qpr>. For dates and locations of trainings, [click](#).

Key Components Covered in Training:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Cost: FREE for all Howard County Residents & Employees

Questions: Contact Amanda at amanda@grassrootscrisis.org

Child Care Subsidy

Parents, guardians, and caregivers, apply for your child's first scholarship. The **Child Care Scholarship** (CCS) (formerly known as child care subsidy) provides financial assistance with child care costs to eligible working families. The program is managed through a centralized vendor - Child Care Subsidy Central (CCS Central). As of August 1, 2018, the income guidelines increased allowing more families to become eligible, therefore more children have access to quality child care and educational programs. For more information and to complete a Child Care Scholarship Application visit online at money4childcare.com, by calling CCS Central at 1-866-243-8796 or the CARE Line 410-313-2273.



Reporting Non-Emergency Issues

Tell HoCo is an easy way for anyone to report non-emergency issues to Howard County, Maryland while on-the-go. **Report things such as potholes, damaged street signs, graffiti, street maintenance, street light issues, damaged trees, park maintenance and more.** Using your phone's GPS, you can help identify the exact location of the problem, and with the use of its camera, even attach a picture as well. You'll be able to track your issue from the time it is reported until it is resolved. Tell HoCo makes it easier than ever to report a problem. Download the app at [iTunes](#) or [Google Play](#)





Explore • Experience • Excel

Saturday, March 23
11 AM - 2 PM

FREE Event For
14 to 24-year-olds!

Long Reach High School
6101 Old Dobbin Lane
Columbia, MD 21045

Find your opportunity...
THE DOOR IS OPEN

Youth Opportunities Fair

Connecting youth and young adults ages 14 to 24 with leadership, volunteer, recreational and job opportunities. Meet with program providers and learn about great things to do in Howard County. Parents and siblings are also welcome to attend. Career readiness and resume-building workshops will be available.

So Much To Do!

- Dynamic Demos
- Powerful Presentations
- Great Giveaways

Get Connected To...

- Academics
- Business
- Art
- Dance
- Finance
- Fitness
- Government
- Job Opportunities
- Leadership
- Music
- Nature
- Outdoors
- Sports
- Theater
- And More

For more information, contact: Kori D. Jones, 410-313-0039 or Jemima Sarratt, 410-290-2623

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The Jacaranda Center for Family and Youth Development
In partnership with the Bridgeway Community Church Student Ministries

JOIN US FOR A SPECIAL SCREENING OF

SCREEN AGERS

GROWING UP IN THE DIGITAL AGE



March 29, 2019
7:00 PM – 9:00 PM
TICKETS: \$10
(Doors open at 6:30pm)

NEXUS Youth Center,
Bridgeway Community Church,
9179 Red Branch Road, Suite C,
Columbia, MD 21045
(Behind Shadowland)

For tickets visit screenagersmovie.com

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? **SCREENAGERS** reveals how tech time impacts kids' development and depicts teen struggles over social media, video games and internet addiction. It also offers solutions on how adults can empower their kids to best navigate the digital world to find balance. Parents are encouraged to attend with their middle and high school students.

info@thejacarandacenter.org www.thejacarandacenter.org

Youth Police Academy (July 7- 12, 2019)

Application Deadline is April 12th 2019

The Youth Police Academy is a free, one-week, overnight academy designed to help young people explore career and leadership opportunities, life skills and character education. Participants spend the week participating in law enforcement classroom instruction, practical applications and scenarios. Recruits participate in drill and ceremony, physical training, classroom instruction and practical exercises in patrol techniques, domestic violence, crime-scene processing and the execution of traffic stops. They also utilize a firearms simulator and participate in team-building exercises. The overnight accommodations include meals and uniform. Applications for this and other

The Council of Elders Academy: Dating Dangers and Human Trafficking

On March 9, 9:00 to 11:15 a.m., this workshop will be sponsored by HCPSS/The Council of Elders Academy. Representatives from HopeWorks will share characteristics of healthy, unhealthy and abusive relationships in adolescents and representatives from the Howard County Police Department will discuss human trafficking.

[Register](#)



How Do I Know If My Child Has Executive Function Issues?

A look at how organization problems are evaluated.

School Success Kit for Kids With Executive Functioning Issues

Tools to help kids get organized and out the door on time.

Answering Questions about Executive Functioning

from the [Child Mind Institute](#)

Helping Kids Who Struggle With Executive Functions

Learning specialists on how to build organizational skills.

Executive Functioning Issues and Learning: Ways to Help Your Child

Children with executive functioning issues often face learning challenges such as getting organized and managing their time. Understood Expert, Mark J. Griffin, will be on hand to answer your questions in a **live chat, Thursday, March 21 at 12:00 p.m.** No registration needed. Visit: live.understood.org at the time of event.

[Reminder
for Webinar](#)

SIBS 2019: Connecting. Listening. Learning

*Saturday, March 30, 2019
8:30 a.m. - 5:30 p.m.*

Help for siblings of people with disabilities connect, listen, and learn from each other. Participate in interactive workshops and discussions for siblings and supporters and attend sessions on multicultural challenges, mental health, dating and relationships, parent perspectives, and special sessions just for young adults, teens, fathers and sons, and siblings ages 6 to 13. To register, visit <https://www.sibs2019.com/register>

Powerful Tools for Caregivers

Mondays, March 11 - April 15, 2019

An evidence-based program designed for **parents with children with disabilities** to learn ways to help with stress, decision making, communication and more.

The goal is to improve the lives of parents (and ultimately their children) through outreach, conversation, training and resources.

To read more, [click](#)

To Register: Call Kathy Wehr, Caregiver Support Program Manager, 410-313-5955 (voice/relay) or email kwehr@howardcountymd.gov



Free Nutrition Advice

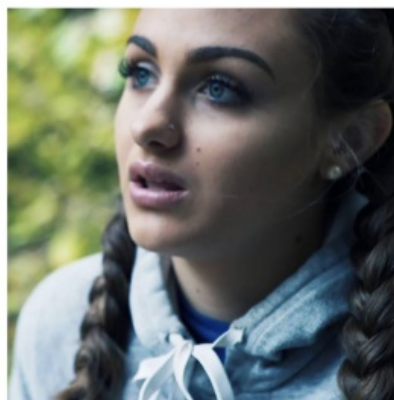
Discover quick and easy meals, new products with tastings plus nutritional advice through Giant's 'Best of the Aisles' store tour lead by the in-store nutritionist. Free tours are offered at the Lynwood Square Giant at 10 a.m. the third Wednesday of each month, River Hill Giant at 1 p.m. on the third Wednesday of each month, and Chatham Station Giant at 6 p.m. on the third Wednesday of each month. Upcoming dates: 3/20, 4/17, 5/15, and 6/19. Registration required: email

melanie.berdyck@giantfood.com or call 410-696-1309.

What does anxiety look like in children and teens? How can we as a community help?

Film and Discussion

Angst



Parents and guardians are invited to a free documentary screening and panel discussion around anxiety in youth. This 55-minute film features candid interviews with children and young adults who struggle, or have struggled, with anxiety — including Olympic swimmer Michael Phelps. This film explores the causes, symptoms and effects of anxiety and stress, and encourages youth and their families to seek help. Middle and high school students are invited to attend with a parent or guardian. Each film screening will be followed by a discussion with local experts.

Join us at one of these dates (film begins at 6:30 p.m.):

Howard High School – Tues. April 2
8700 Old Annapolis Rd, Ellicott City, MD 21043

Glenelg High School – Tues. April 9
14025 Burntwoods Rd, Glenelg, MD 21737

Hammond High School – Thurs. April 4
8800 Guilford Rd, Columbia, MD 21046

Mt. Hebron High School – Wed. April 10
9440 Old Frederick Rd, Ellicott City, MD 21042

Register Online Now: <http://bit.ly/AngstReg>



NAMI March Education Forum

What Connects Faith, Spirituality and Mental Illness?

Tuesday, March 19th, 7:00 - 8:30 p.m.; The Church at Covenant Park

Join NAMI, National Alliance for Mental Illness, for a lively round table discussion about the facts, myths, and misconceptions around mental illness and the vital link faith communities play in support, healing, recovery, and hope for those

whose lives have been impacted by mental illness. Free and Open to the Public,
[Register Here](#)

Worried about Senior Week?

Adults and students are invited to attend one of **HC DrugFree's** annual **Senior Week: Staying Safe in OC programs.**

Presentations are made by Ocean City Police Department's Cpl. Howard Caplan, retired Ocean City Beach Patrol and current HCPSS administrator, Mr. James McVey, and HC DrugFree's Executive Director, Joan Webb Scornaienchi as they discuss water safety, legal consequences, what to know before you sign the lease or buy the beer for your student, how HC DrugFree partners with OCPD throughout the year to keep Howard County families safe, and much more. These programs are FREE and open to students, parents, guardians, grandparents and the community. March 18 at Howard High School or April 1 at Marriotts Ridge High School. Both programs will begin at 7:00 p.m. [Click here](#) for a printable flier.

**Sign Up for
Parent Pages**

**If you were forwarded this e-mail and would like
to receive the latest Parent Pages news and
updates directly, please click!**

